



# Luck of the Irish

*All-natural!!*

Enjoy this satisfying, all-natural, guilt-free creamy blend. It will be hard to believe you are treating your body right, because this tastes just like a Mint Chocolate Chip milkshake!

Indulge and receive beneficial Antioxidants from Matcha Green Tea and Dark Chocolate, as well as a Protein punch to maximize your Recovery.

**Eat Well!**

**P F C**  
PERFORMANCE FOOD CENTERS  
WHOLE FOODS ENGINEERED BY NATURE

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## Ingredients:

6 oz.	Skim or Vanilla Soy Milk
2 scps.	Matcha Mint
1 scp.	Vanilla Whey Protein

## Directions:

1. Fill ice scoop measure to the "Protein" ice line (12 oz)
2. Add ice and ingredients to the blender and push #4

## Nutritionals:

Calories:	411 g
Carbs:	61 g
Protein:	27.5 g
Sugars:	50.5 g
Fat:	7.2 g



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**You Are What Your Food Eats!**  
– Dan Young, Founder of PFC Corp. and Dan's Essentials

